

# DINNERLY



## Reduced-Carb Pork Meatballs with Cauliflower Bravas and Wilted Kale



35 minutes



2 Servings

Serve up meatballs and cauli with Spanish tapas flair. Coat cauliflower in finely chopped sunflower seeds and walnuts before baking in the oven, then team with spiced meatballs and kale.



## WHAT WE SEND

- 100g kale
- 250g cauliflower
- 20g sunflower seeds
- 40g walnuts<sup>15</sup>
- 10g Spanish spice blend<sup>17</sup>
- pork mince

## WHAT YOU NEED

- 1 egg<sup>3</sup>
- olive oil spray
- 1 tbs olive oil
- 2 tbs mayonnaise<sup>3</sup>
- ½ tsp white wine vinegar<sup>17</sup>

## TOOLS

- oven tray
- baking paper
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (3), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 770kcal, Fat 61.9g, Carbs 13.8g, Proteins 42.6g



### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Cut the **cauliflower** into florets. Finely chop the **sunflower seeds** and **walnuts** (see Kitchen notes) and put in a bowl. Add **2 tsp Spanish spice blend** (see Kitchen notes), season with **pepper** and stir to combine.



### 2. Roast cauliflower bravas

Whisk **1 egg** in a large bowl, add the **cauliflower** and toss to coat. Shake off the excess egg, then press into the **nut mixture** to coat. Put on the lined tray and spray generously with **olive oil**. Roast for 20-25 mins until dark golden and crisp.



### 3. Make meatballs

Meanwhile, put the **pork mince** and **2 tsp Spanish spice blend** in a large bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into walnut-sized balls.



### 4. Cook meatballs and kale

Heat **2 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **meatballs**, turning regularly, for 5-7 mins until cooked through. Remove from the pan, reserving the oil in the pan. Return the pan to medium heat. Add the **kale** and cook, stirring, for 1-2 mins until wilted. Drizzle with **2 tsp olive oil** and season with **salt and pepper**. Remove the pan from the heat.



### 5. Serve up

Combine **½ tsp Spanish spice blend**, **2 tbs mayonnaise**, **½ tsp white wine vinegar** and **1 tsp water** in a bowl. Divide the **meatballs**, **cauliflower bravas** and **kale** among plates. Serve with the **spiced mayo** for dipping and enjoy!



### 6. Kitchen notes

If you have a food processor, save time by using it to chop the sunflower seeds and nuts. Use the pulse button and process until they resemble fine breadcrumbs. ~ Our Spanish spice blend has a chilli kick. We use it in the cauliflower, meatballs and mayonnaise, so reduce the amount to suit your taste.